

vitamins, minerals,
healthy oils (eg: olive
oil, black seed oil)

etc required to
cleanse all the bodily
systems eg: urinary
system, digestive system,
circulatory system,

nervous system, ~~ly~~
lymphatic system,
hormonal system,
skeletal system etc

etc: to achieve
bodily homeostasis
and synergistic
equilibrium with one
body, mind, soul, emotions